

The 7 Habits of a Hafith

**HOW TO SUCCEED
IN MEMORISING QURAN**



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Introduction

Let's admit it... every time we hear the great news that another individual has completed their memorisation of the Quran, it often leaves us wondering *how* they did it. The truth is, that in asking them this question we hope to finally receive that magical formula that will enable us to achieve the same and more.

However, the sad reality is that we often end up frustrated, as our search for the right approach in memorising Quran is usually met with the common responses of 'hard work', 'consistency' and 'dua'. Unfortunately, many of us simply don't know *how exactly* principles of hard work, consistency and dua translate into our personal journeys of hifth (memorisation) as our incorporation and practice of them thus far have yielded little success.

The real golden question:

What we often don't realise is that it's not so much about failing to get the 'right' answer, but that we are asking the *wrong* question to begin with. If we were to analyse the answers received by our successful hufath (those who have memorised the Quran), we would realise that they all point to certain key *traits* and *habits*. They have built these within themselves and their lifestyles, allowing them to successfully lead them to their achievements.

This is because contrary to our expectations, the reality is that there isn't one perfect or best way of memorising the Quran. There are in fact multiple methods and strategies of doing so. This is something that should not dishearten us, but actually be appreciated and celebrated, as we as humans are so diverse in our personal learning preferences and abilities. The vast methods and strategies of memorising the Quran available for us not only provide us with an opportunity for deeper self discovery, but also give us a greater chance at succeeding in a way that is most enjoyable and most compatible with our personal and lifestyle differences.

There are hundreds of thousands of Muslims across the face of the globe who have memorised the Quran. Each come from lands of various mother tongues, with varying traditions in

their methods of hifh. Each person experiences their own distinct journey of memorisation, according to their personal lifestyle, resources and abilities. Despite tracking different paths; through varied terrains where they experience different struggles and obstacles stretching different distances at their own individual paces, they all seem to have equipped themselves with the same key internal resources of traits and habits that successfully guide their journeys to the desired destination.

So the real key to success comes from what we build and sustain *within* ourselves; the traits and habits we develop for the journey ahead. Thus, the real golden question we should be asking our Hufath is not "How did you *do* it?" but "How did you *discipline* yourself in building the necessary *traits* and *habits* that lead to your success in Quran memorisation?"

After extensive research and analysis into the behavioral traits of hufath, alongside my wide-ranging knowledge and experience in the field of human peak performance spanning over 8 years, it is my pleasure to share with you in this book the top 7 productive habits of a hafith (one who has memorised the Quran). With this, I hope to assist you succeed in your own Quran memorisation, inshallah (God willing).

"If your looking for answers that will truly add value to you and your life, be sure to take the time to figure out the right questions to ask."



HABIT 1

Clarity

«The secret to an awesome journey with the Quran starts with giving yourself the permission to experience a personal journey of your own. That is part of the Quran's miracle - It is for everyone even though everyone is different.»

Successful hafath maintain crystal clarity on exactly *what* it is they want to achieve with regards to the Quran and *why*. This clarity provides them with the direction, focus and the drive necessary to reach their destination.

But isn't it obvious what it is we should all want to achieve with the Quran and why we should strive for it? Well, the answer is no, not really. This is because the cause of much failure in this pursuit stems from the fact that for many people they have simply been *told* and have *learnt* that the goal of memorising the *whole* Quran is something that they *should* or *must* want to achieve as good Muslims, for the purpose of attaining many of the commonly quoted benefits of increased iman, a higher rank in paradise, honor for our parents in the hereafter etc. This is as opposed to having built, through their own personal experience, a passionate desire and yearning for Quran related goals that are relative to their current personal lives after having been properly acquainted with the miraculous nature of the Quran and its boundless benefits.

Those who are successful in memorising any amount know what Quran related goals would bring them the greatest sense of joy and added benefit to their personal lives right now. For instance, some may realise that memorising certain portions of the Quran would be most beneficial for their needs as they bring comfort to their hearts during certain hardships and trials. Others may find that in learning some simple short surahs that they can

then teach their young child they would experience the most happiness and this would contribute significantly to their current lives. Although Muslims collectively have a general innate lifelong ambition of memorising the entire Quran, for most people, discovering and clearly identifying their specific Quran goals can be of more benefit for their journey through the book. This is because their goals are emotionally compelling and come from a place of purposeful connection rather than being goals that are simply imposed on them or only of casual interest.

In identifying the reasons for *why* they want to memorise Quran, the successful hafith realises that the benefits of memorising Quran are both immediate and great. They know that all true success and happiness obtained in this world and the next come from establishing a beautiful relationship with Allah and that the Quran is the best means through which they can develop this. As Khabab Ibn Al-Art once said, "Do whatever you wish to get close to Allah, but know you will never get closer to Him with something more beloved to Him than his own words (i.e the Quran)". The successful hafith realises as part of the miraculous nature of the Quran just how relevant the Quran is to their personal lives and appreciate how much they are in need of it in their lives for the better; with the Quran providing perfect guidance, practical solutions to the problems they are faced with in life, and is the ultimate



means of comfort and unconditional love to name a few.

Another key component to understanding the *why* is having the knowledge of how these Quran goals relate to their *personal life mission*. They know how they will utilise this achievement in their lives, giving the task a strong sense of purpose. They never treat their spirituality as a separate entity from all other aspects of their life, but rather as a necessary component to help balance their lives and help them succeed to the greatest levels.

Reaching the answers of *what* exactly it is you *personally* want to achieve with the Quran and *why* may take a little time. Thus, reflection, journaling and talking to a coach or mentor are a few ways that will help you achieve clarity. Starting your Quran memorisation by first clarifying what it is you want is essential, because as they say the clearer the target the more likely it is you will hit it. Clarifying the *why* is then just as crucial because the stronger the conviction the more momentum, speed and impact you will exert in hitting that target.

Any vagueness in clarifying these two principles will open the door to future confusion, procrastination, and a lack of development on your journey, which will only cause you to give up your pursuit. For example, let's take the common goal of losing weight. If a woman simply wants to lose *weight* because *everyone else is*, then she neither has clarity on her goal

nor her intent, and will certainly fail. Whereas if you compare this approach with a woman whose goal is to lose 2 stones before her wedding in 4 months time in order to fit into a beautiful wedding dress that her mother made her, she is more likely to succeed. This is because she has clarified her specific goal and is aware of the personal drive and benefits in pursuing it.

Take Action:

Journal your answers to the following questions

• **Clarify the what:**

- ☞ What Quran goal would bring the greatest joy and benefit to my personal life right now?
- ☞ What does achieving this goal look like, sound like, feel like?
- ☞ What tasks need to happen in order to achieve this goal?

• **Clarify the why:**

- ☞ Why am I doing it?
- ☞ How will my life have improved after having achieved this?
- ☞ What am I personally going to do with this accomplishment?

HABIT 2 Confidence

"Allah says in the Quran 'And we have certainly made the Quran easy for you to remember (memorise), but is there any that will remember? (memorise)'" (54:17) When your own Lord, who created you and knows you better than you know yourself, has stated full belief in your potential, why would you then question your ability?"

Successful hufath have unwavering confidence in their personal abilities and fully trust in their own potential. They are not dependent on the permission of others nor dependent on external resources to take action in moving forward in their Quran journeys, realising that they themselves have all the internal resources necessary to achieve their goal and are their only real obstacle to succeeding.

They understand that the meanings and conclusions they form and associate to their life experiences hold great control over the self, so they always remain positive and free themselves of any old or unnecessary baggage for the road ahead. They take any previous failures as lessons to learn from, and see setbacks as simple challenges that will help strengthen and propel them forward. They perceive every obstacle ahead of them as an opportunity to exercise key traits and grow. They harbor no fear nor have any imposed limitations in their pursuit.

Successful hufath maintain high levels of self awareness that allow them to personalise their journeys so they can track towards their destination with an easier, more pleasurable approach. They are aware of their learning styles, motivation factors, their pace ability, their productivity cycles and lifestyles, etc. They strategically incorporate this information into their Quran schedules for the best possible outcome. They are aware of their various successes and strengths as well being aware of their non strengths and how they can overcome them so that their journeys remain unhindered.

They realise that success is a lifestyle and not a destination, so remain forever learning

and working. They are comfortable in their own skin and do not compare themselves to others. They remain the authors of their personal story with the Quran.

Their levels of confidence stem from their understanding and trust of the fact that all results are in the hands of Allah and that they need only prove themselves worthy of His assistance through their seeking of *all* means required to achieve their goal. They understand that to Allah it's about the quality of their intentions, their efforts, their struggles, their actions etc and not just simply the quantity. They ensure to do their part diligently with the utmost effort and then trust that Allah will do His part in decreeing for them the best of outcomes according to His perfect knowledge.

Take Action:

Journal your answers to the following questions

- ❧ What past failures have I had with my Quran goals and what valuable lessons have these provided me with moving forward?
- ❧ What limiting beliefs are holding me back from my Quran goals? How are these not true-what evidences do I have that are contrary to that?
- ❧ How can I increase my levels of consciousness regarding the best way I operate and of my strengths and non strengths? What strategies can I put in place to utilise this information for the benefit of succeeding in my Quran goals?

HABIT 3 *Calculated*

Successful hufath do not start their Quran memorisation journeys without a map and plan, as they are calculated in their approach. This provides them with clear instruction and the ability to consistently measure their progress.

They breakdown their main goal into chunks, reverse engineering their way back to the present so that they know exactly what steps need to be completed daily in order to successfully reach their goal. After identifying what key milestones need to be reached in the process they then identify what individuals tasks need to be completed in order to reach each of their milestones. They then block out specific time to dedicate to each of these tasks so they keep on track. They use lists and calendars to map out and schedule all their intended steps so that they manage their time effectively and remain consistently productive.

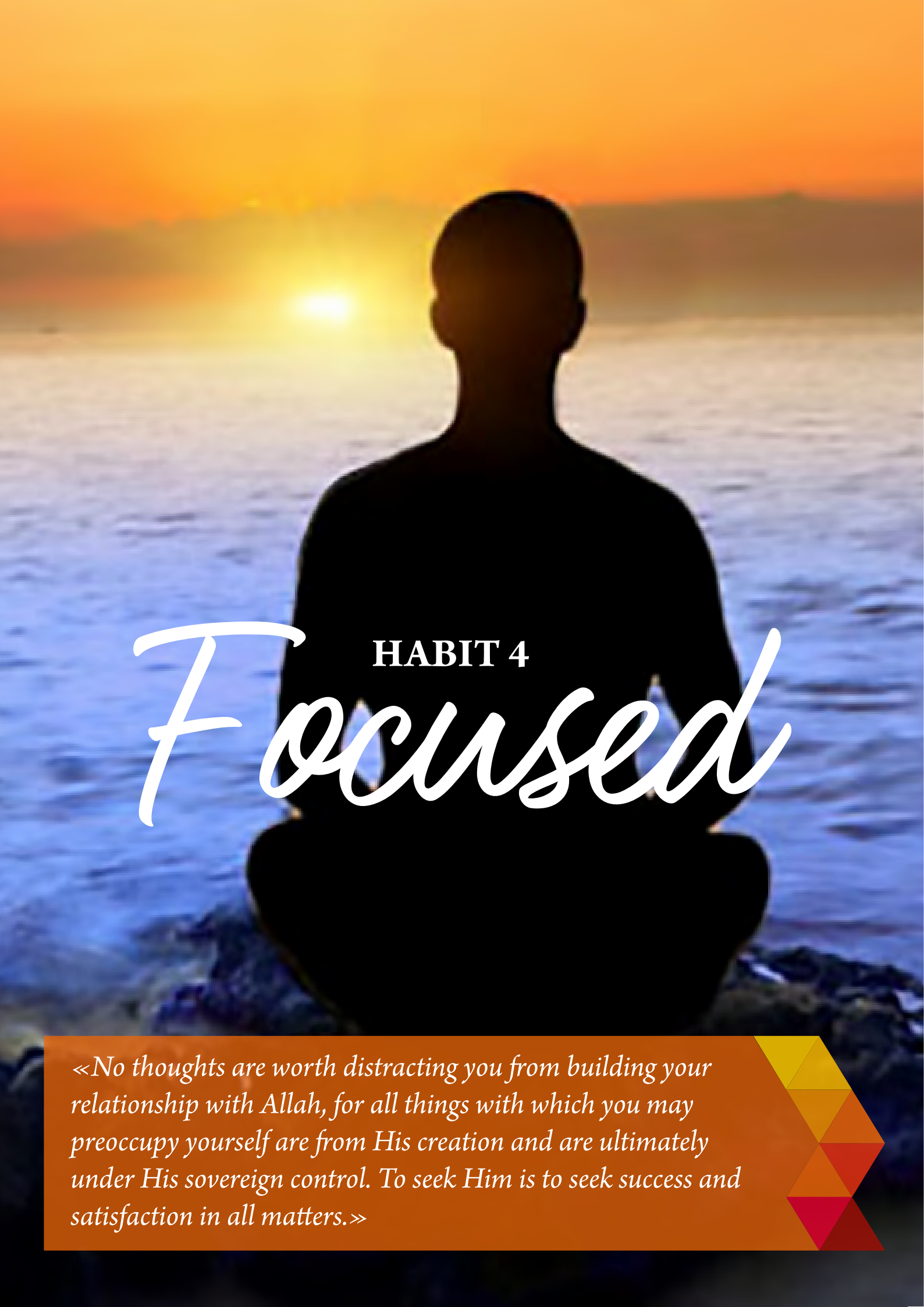
Each of their milestones are marked by a personally compelling and special planned celebration, with each milestone celebration along the way reflecting a bigger and more enticing reward. This regular positive reinforcement helps sustain motivation and momentum.

Take Action:

Journal your answers to the following questions

- ❧ What key milestones do I have to reach to achieve my goal? How will I celebrate each key milestone?
- ❧ What individual tasks need completed in order to reach each milestone? What days & times will I block out to complete them?

«Any journey worth trekking to reach a particular destination is prepared for with effort and diligence. Should we not then plan for our Quran journey's, the most blessed of all journey's on route to the most worthy of destinations; to our Lord Allah?»



HABIT 4 *Focused*

«No thoughts are worth distracting you from building your relationship with Allah, for all things with which you may preoccupy yourself are from His creation and are ultimately under His sovereign control. To seek Him is to seek success and satisfaction in all matters.»

The successful hafith is always focused and present. Not only are their actions free of distractions unnecessary to their greater goal but so too are their minds.

Their calculated and scheduled tasks help them remain focused on the actions they need to complete, whilst they harbor another technique for overcoming mental distractions, an issue most find more challenging to control.

Unlike our bodies, our minds function around the clock, with our unconscious minds operating 24/7 to ensure we get more done in the day and to ensure we survive. This is true of our unconscious mind even during our sleep. The reality is that most of us live very hectic lifestyles and are thus constantly thinking about our tasks for the day, decisions we need to make and things we must remember. But why is it that when we sit to memorise the Quran and work on our Quran related goals do we more often get distracting thoughts and ideas? The answer is that when our bodies are in a physically relaxed state, for example carrying out routine tasks that don't require us to be mentally present, our minds zone out and often also go into a meditative state. This provides the perfect conditions for the birth of new ideas and for recalling all the information that we have been nagging our brains to remember. It's for this reason that some of our best ideas or the best times we recall things happen when we sit to study, pray, shower, or when we are lying down to sleep.

So how does the successful hafith prevent this natural process from affecting the time they have set aside for their Quran goals? They frequently journal to maintain control of their focus and presence when carrying out all tasks. They keep a journal at hand at all times within which they immediately jot down on physical paper any unrelated idea, thought or reminder that may pass or occupy their mind during their Quran period, in order to then deal with at a later time. This relieves them of the mental pressure to remember these things and provides them with a clearer mind to focus and complete the task at hand. As they say "What's out of sight is out of mind."

Take Action:

- ❧ Purchase a plain papered journal of ideal size that you can carry with you at all times. Each time you have a passing thought, recollection or idea unrelated to your task at hand then jot it down to free your conscious mind so you can go back to what you were doing.
- ❧ Set yourself a specific time of the day when you can address and act on your journal notes so that your subconscious mind can truly be clear of these things too. You can then schedule any remembered tasks into your diary, or you can mindmap any potential ideas you had or fully explore and express any thoughts & feelings that you have noted in your journal.

HABIT 5 Productivity

“We must take care of our bodies and minds for they are a trust given to us by Allah and the vehicle with which the sacred Quran is received, understood and implemented.”

The successful hafith knows the value of productivity, so they are sure to take care of maintaining themselves well along their journeys in order to avoid burn out and fatigue.

They know their physical energy importantly contributes to their levels of productivity so ensure to consciously take care of their bodies by eating healthy, by drinking sufficient amounts of water, sleeping well and regularly exercising.

They match their physical wellbeing by also securing their emotional wellbeing and positive mindset. They achieve this by distancing themselves or at least effectively managing any people or environments with which they are surrounded that maybe toxic or draining to their mental and emotional wellbeing. They always schedule regular periods of time for self reflection and relaxation e.g. to journal, pray, meditate etc to keep their minds clear, bodies calm and their souls nourished.

They avoid unproductive habits like procrastination by consistently taking action, regardless of how small or seemingly insignificant. Every day they commit themselves to learning and pushing themselves out of their comfort zones so that they grow and better themselves.

Take Action:

Journal your answers to the following questions

- ☞ What actions can I take to improve my physical wellbeing?
- ☞ What actions can I take to improve my mental and emotional wellbeing?
- ☞ What actions can I take to improve my spiritual well being?



HABIT 6

Flexibility

“A heart that has truly tasted the sweetness of the Quran will forever search for and find ways to keep its interaction and relationship with the Quran alive, regardless of life’s changes.”

Successful hufath are aware of the ever-evolving nature of time and the fact that plans change due to unforeseen circumstances. This reality does not phase them and they remain masters of their time, confident in their abilities to keep on track when normal schedules temporarily change through exercising their internal resources of flexibility and creativity.

When changes occur they do not panic or feel guilty that they can’t approach their Quran time in a way they may typically want or intend to, as they appreciate there is a time and place for everything. They believe that with everything they do in life they should be fully present in that moment, whether it’s to grieve or celebrate etc e.g. during family wedding preparations they allow themselves to immerse in the buzzing atmosphere, or when on holiday they allow themselves to enjoy the time to relax or explore etc. They understand that despite being present with the situation at hand, this does not mean that they cannot still keep their interaction with Quran and their Quran goals alive during that temporary period of change. They know they simply have to look within themselves to exercise their personal creativity and flexibility to create an alternative approach e.g. when on holiday or participating in wedding functions instead of memorising new verses they may choose to engage in revision instead and as a more realistic alternative to the typical solid hours of isolated revision they may choose instead to identify other more suitable pockets

of time to revise through listening to the verses played on audio via headphones such as during car rides between visiting family and sightseeing on their holiday or by waking up 30 mins earlier than usual during wedding preparations before everyone wakes up and assigns them wedding preparation duties.

Take Action:

Journal your answers to the following questions

- ❧ What alternative tasks could I work on in relation to my Quran goals that’s more suitable to my current situation?
- ❧ What alternative pockets of time do I have available that I could utilise to work on my Quran goals?



Patience

HABIT 7

“The happiness and success of your Quran journey is not felt upon the completion of your memorisation, but experienced daily when you realise that you have been selected for the gift of the journey itself toward Allah and when you choose to appreciate each cherishable moment spent looking at, reading, memorising, contemplating, and revising the Quran.”

Successful hufath remain patient and persistent throughout their Quran memorisation journey. Despite living in a fast-paced world with an increasing global culture focused on immediate results and quick fixes, they are free of the false notion that the same approach is applicable to their Quran memorisation. They understand that the road to success & mastery takes years of work and dedication. They acknowledge and appreciate Allah's wisdom in revealing the Quran gradually over a period of 23 years and wish to approach their Quran journeys at a pace in which they can ensure to reflect, understand and apply the Quran to their lives for the better, as oppose to memorising it alone.

They are under no illusions that they will not experience some failure, setbacks and sacrifices. This does not phase them, however, as they believe that their persistent hard work and disciplined patience will allow them to overcome any obstacles. They continue to push forward each day, forgiving themselves for any mistakes and appreciating that regardless of what happens, they are exactly where they are meant to be in their journey.

Regardless of the situations they are faced with, they seek to learn and grow throughout the development of their journeys because they never forget that despite having an end goal in sight, the *journey* itself is what really counts. They feel honored and grateful of the fact that Allah in His kindness and love has chosen *them* to have a desire

to seek this path towards establishing a beautiful relationship with Him. So they never forget to enjoy and cherish every moment of their gifted journey; looking at the Quran, reflecting on it, reading it, crying over it, seeking its solutions and comforts, memorsing it etc.

Take Action:

Journal your answers to the following questions

- ❧ What two questions could you ask yourself on a daily basis that would help you cultivate more patience and gratitude on your Quran journey?



Are you ready to take your Quran journey to the next level?

Revolutionising your *personal* relationship with the Quran so that you can reap the endless joys of living a *true Quranic lifestyle* is something most of us crave. The problem, however, is that we often simply don't know how to go about achieving this. This is where I come in!

As a successful Quran coach with an indefatigable passion for helping others, I have had over 8 years experience working with hundreds of individuals like *you*. I have helped to transform their *personal* relationships with the Quran *forever*. As a result they have learnt to unleash the *best* of their potential, live their *best* lives and ultimately contribute to the world the very *best* of what Allah gifted them with to offer it.

In its revelation, the Quran revolutionised the world in ways that seemed impossible. Equally, every time we open the Quran, *regardless* of who we are, Allah invites us to revolutionise our lives in similarly unimaginable ways. My Quran coaching programme has not been created for an exclusive or elite group of people, but for everyone from all walks of life. So whether you feel spiritually dead inside, or you're struggling with spiritual

consistency, or perhaps you simply want to take your great relationship with the Quran to the next level, this could be for you. Through my Quran coaching, you can equip yourself with the top skills, knowledge and principles which are used by the most successful and productive Muslims every day to live a genuinely enriched life and to attain true spiritual fulfillment. This carefully crafted programme uniquely fuses coaching, personal development training and Quranic study, with nothing quite like it available elsewhere.

If you are interested in reconnecting, falling in love with and sustaining a long term relationship with the Quran in a way that best suits you, then **CLICK HERE** to learn more or to book a free introductory session. You owe it to yourself to be more, have more and do more — your soul craves its creator!



About the author

Asalamu Alaykum, I'm Halimah El-Kurghali and I have dedicated my life to assisting others in revolutionising their personal relationship with the Quran. Regardless of whether you have never read the Quran before, are well into your fifth journey, or are simply looking to reconnect and explore to reap the rich spiritual gifts of Allah's book, I would love to help you along your journey and ensure you achieve your goals!

Having worked with hundreds of individuals from all walks of life over the last 8 years as a coach, trainer, writer, public speaker and tv presenter, I can tell you that whatever it is you are currently experiencing or struggling with, there is nothing that cannot be overcome with the right help. I myself have experienced and overcome many of my personal trials, and have certainly helped others to do

the same, regardless of what the problem is. This has provided me with a deep and unique understanding and appreciation of your Quran journey.

So, no matter what your story, I know that not only do you want more of the Quran in your life, but you undoubtedly deserve it! It would be my honor to be part of your Quran journey to unleashing your full potential and achieving true spiritual fulfilment, inshallah.

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